

Abstract

Title: Injuries in aerobics

Objectives: The aim of my bachelor's thesis is to find out which part of the body is most often injured in girls who are engaged in competitive forms of aerobics at various levels aged 17-25 years.

Methods: In my work I used the method of questionnaire survey.

Results: The results showed that the most common areas of injury are the lower limbs, especially the muscles of the lower limbs. Another injured area is the wrist and ankle joint. The individual percentages of injuries in competitors differ according to the competition form, but the injuries that occurred most often are the same in all forms.

Keywords: aerobics, injuries, sports, prevention